



CUSTOMIZED PROGRAM



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CASTELLO SONNINO
INTERNATIONAL EDUCATION CENTER

Program Itinerary: Italy

History and Culture in Tuscany

University of San Francisco

Montespertoli, Florence, Siena & Barbianna

June 9 - 16, 2025, 8 days/7 nights

Travel Day (Monday, June 8)

Typically overnight flight to Italy - depart USA in the afternoon

Day 1: Arrival Day (Monday, June 9)

TBC Arrive at Florence airport

Settle into lodgings - welcome **lunch box** in each apartment

Orientation to Castello Sonnino and nearby town of Montespertoli

Day 2: The creation of a Tuscan Dish: Farm, Market, Kitchen (Tuesday, June 10)

Breakfast with stipend

Visit the weekly farmers' market to buy ingredients for cooking class

9:30 am Lecture on how cuisine developed differently in various regions throughout Italy,
10:30 am based on history and culture

Partake in an Italian cooking class using organic ingredients and dine on the food
11:30 am you create

Lunch with food from the cooking class

1:00 pm Tour of Castello Sonnino and the archives, learn about the estate's historical
2:30 pm significance to the region



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Dinner with stipend

Day 3: Barbiana and the Legacy of Lorenzo Milani (Wednesday, June 11)

Breakfast with stipend

- 10:00 am Depart for day trip to the mountain town of Barbiana to learn about the life, work, and legacy of Lorenzo Milani and the Scuola di Barbiana
- 11:30 am **Picnic / Bag lunch** in Barbiana
- 12:30 pm Tour and talk with representative at the Scuola di Barbiana
- 3:00 pm Return to Montespertoli
- 5:00 pm Group Reflection
- 7:00 pm Dinner with stipend

Day 4: Florence (Thursday, June 12)

Breakfast with stipend

- 9:00 am Pick up at Castle main gate take bus to Florence center
- 10:00 am Migrantour: walking tour of Via Palazzuolo: 'Migrations of Yesterday and Today'
- 12:30 pm Lunch with stipend
- Free time to explore in Florence - photo scavenger hunt / points of interest activity
- 5:00 pm Return to Montespertoli as a group in private transportation
- Dinner with stipend

Day 5: Montespertoli - Bread and Wine (Friday, June 13)

Breakfast with stipend

- 9:30 am Visit the local mill, learn about ancient grain production and processing (budgeted as a lecture)
- 11:00 am Bread making course
- 1:00 pm **Lunch at the enoteca**
- 3:00 pm Sonnino wine experience - cellar tour first, followed by wine tasting with Leone
- Dinner

Day 6: Siena (Saturday, June 14)

Breakfast with stipend

- 9:00 am Departure from Castle main gate
- 10:15 am Guided tour of the town of Siena, the cathedral/Duomo and the Piccolomini library
- Lunch in Siena**
- 12:00 pm Free time to explore in Siena
- Meet at bus drop off and return to Montespertoli
- 5:00 pm Dinner with stipend

Day 7: Pilgrimage and Farewells (Sunday, June 15)

Breakfast with stipend



- 10:00 am Walk on castle grounds and local pilgrimage trails, learn about the history of movement of people in the region
- 12:30 pm Lunch with stipend
- 2:00 pm Group Reflection
- 3:30 pm Complete trip evaluations
- 7:30 pm **Farewell dinner at Sonnino**

Day 8: Journey Home (Monday, June 16)

- Breakfast with stipend
- 9:00 am Group departure: group transfer to Florence airport

NOTE: Italy is an amazing country with a rich history and hospitable culture; we look forward to guiding you on a fascinating journey. In our experience in Italy, changes sometimes occur in an itinerary, often with little notice, such as: the order of activities, the time of events, or the activities themselves. A spirit of flexibility and patience will go a long way toward making your educational program in Italy successful and enjoyable. We look forward to working with you!